

# IOWA STATE UNIVERSITY

## Digital Repository

---

Volume 3

Number 8 *The Iowa Homemaker* vol.3, no.8

Article 11

---

1923

## Why is a Mulligan?

Joe Baggs

*Iowa State College*

Follow this and additional works at: <http://lib.dr.iastate.edu/homemaker>



Part of the [Home Economics Commons](#)

---

### Recommended Citation

Baggs, Joe (1923) "Why is a Mulligan?," *The Iowa Homemaker*: Vol. 3 : No. 8 , Article 11.

Available at: <http://lib.dr.iastate.edu/homemaker/vol3/iss8/11>

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact [digirep@iastate.edu](mailto:digirep@iastate.edu).

# Why is a Mulligan?

By "JOE BAGGS"

IN FAIRNESS to the Division of Home Economics, in whose official publication this article appears, let it be said that full responsibility for all statements contained is assumed by the author, a mere man, and nothing is to be construed as having the sanction of anyone connected with the above named division. We realize that, were the dietitian's measuring stick applied to the formula proposed for the wish described, many readjustments would be indicated. If the nutritive ratio were determined or the number of calories calculated, doubtless great discrepancy would be shown in the blending of the ingredients. One thing can certainly be claimed, however, and that is that the mixture contains all the vitamins known to science.

Confessing, then, at the outset that a mulligan is not a scientifically prepared concoction, we lay claim to one thing only: that it is a dish that a man can prepare, and that all men and most women who have tried it are willing to admit is edible and, indeed, eatable.

The first authentic record of mulligan preparation is contained in Macbeth and proves that as early as the Shakespearian age some were familiar with it. The witches were making preparation for a feed as below indicated:

Round about the cauldron go;  
In the poisoned entrails throw.  
Toad that under the cold stone,  
Days and nights has twenty-one  
Sweltered venom sleeping got,  
Boil thou first in the charmed pot.  
Fillet of a fenny snake,  
In the cauldron boil and bake  
Adder's fork and blind worm's sting  
Lizard's leg and owl's wing.  
For a charm of powerful trouble  
Like a hell broth boil and bubble.  
Double, double, toil and trouble,  
Fire burn, and cauldron bubble.

The up-to-date mulligan is concocted on the same broad lines as laid down by Shakespeare in the above. True, there are a number of ingredients enumerated that have no appeal to modern tastes, but the general hit and miss plan of selecting what is at hand to form an integral part of the mulligan is commendable.



Mulligan artists chose nature's dining room. We might venture a guess that "Joe Baggs" and his pal are college professors.

In planning a mulligan the number of individuals to be served is to be considered. If all participants are men, the quantity prepared must be at least double that estimated, because no group of men ever sat down to a feast of this kind and was satisfied if the usual rules of the caterer were followed in estimating quantities.

The utensils to be used in the preparation of a mulligan may be just as plain or just as elaborate as fancy dictates. It may be cooked in an aluminum fireless cooker, in an open granite kettle, in a tin dishpan or a galvanized pail. But prepared in any of these there is something lacking. The expert mulligan cook will not guarantee his product, nor will he make a public demonstration of his art except the vessel used be an old-fashioned iron pot. This vessel is at its best only when suspended by a wire from a cross pole, supported at the ends by forked sticks set inversely in the ground. Beneath this swinging pot the fire must be laid properly. The wood to use must be good, dry, hard wood, such as oak. It must not be used too liberally. Only the quantity is to be used for replenishment that will keep the mess simmering gently.

A mulligan is like good wine. It requires time to prepare it properly. Six hours is not too long to cook it. All the

time during the cooking a faithful attendant must be watching to prevent the accidents that might befall. To the mulligan artist this vigil is a labor of love and he will entrust the task to no one, but will insist on assuming it himself.

Much is added to the enjoyment of a mulligan if there be the proper setting. A day in early November with its invigorating air and bright sunshine is the time. A secluded ravine flanked by beautiful trees is the place and should be both kitchen and dining room. Given the above there is nothing to compare with a liberal helping of well-prepared mulligan.

As to just what makes up the mulligan it has been intimated before that whatever is at hand is the material to use. The more ingredients, the better. Several varieties of meat, including fowl, pork and beef, should be used. Vegetables of every obtainable kind may be incorporated. Following is a suggested list of "fixins" that the author has tried on some one thousand or less individuals, among them deans, professors, assistants, preachers, janitors, and just folks, all of whom have apparently met the test without flinching, and have come out none the worse for the encounter. Menu for twenty

1 fat hen	
2 pounds salt pork	
3 pounds fat beef	
2 onions	
2 pounds tomatoes	
1 small head cabbage	
1 pound carrots	
1 pound turnips	
1 can corn	
1 can peas	
1 can tomatoes	1 head celery
1 can beans	1 cup rice

Salt, pepper and paprika to taste. Cook the meats until the bones remove easily, at least one to two hours. Add the vegetables and sufficient water so there will be no scorching and allow "her" to simmer for hours and hours. It is absolutely essential that the cook, assuming the same is a man, should smoke a pipe while watching the pot. This keeps him awake.

He who partakes liberally of the above may "wrap the drapery of his couch about him and lie down to pleasant dreams."

## Turning the Corners Up

By LAURA E. BUBLITZ

ARE YOUR corners turned up?

Ah, there is no time like the present to do this little but most vital thing of life. Oh, this life of ours is so taken up with innumerable good things that it is a crime to miss any of them. You'll miss a whole lot if you're not in trim with living and healthy enough to be glad you're alive. You are absolutely out of trim and

harmony with the world unless your mind and body are working together and tuned in the same key.

How many of you have listened to a great violinist and wished that some day you might do something half so wonderful and joy-giving and inspiring? Or, maybe you have turned around while on your way to classes to watch a person whose

smiling face or easy way of gliding along made him stand out from the other passersby. Probably at the time you didn't think about it, but the thing that made the person with the happy expression and cheerful, free way of walking stand out from all others was the magnetism of his

(Continued on page 18)